

The winners at the DECA Competition were:

Advertising Event: 1st place winner, Jennifer Myers, Apparel and Accessories; 2nd Place, Brenda Masternack; 3rd, Leticia Malkowicz; 4th, Jennine Reiner; Full Service Restaurant: 1st, Heather Alltland; General Marketing: 1st, Mike Knaub; 4th, Kim Moyer; General Merchandise: 1st, Sherri Stevens; 4th, Danielle Carlson; Quick Service Restaurant: 1st, Becki Swann; 2nd, Jennifer Baylis; 3rd, Kristi Moyer; 5th, Chris Eutzy.

LOSE WEIGHT With Hypnosis

New diet books and fads allure every age. But people seeking to lose those extra pounds end up just as out of control as when they began.


Tom Zinger, who has been a medically supervised weight-loss center in the country that uses hypnosis, says, "Hypnosis can help people with weight problems learn to control themselves and to make themselves immune to the diet fads."

Hypnosis is a tool that can help you gain your professional and personal goals, he says. "Limiting the number of the many possible changes you can bring about through hypnosis is the key."

The first step in the hypnosis process is to relax mentally and physically. Once you are relaxed, Zinger says, "You can suggest to your mind the changes that bring about the desired change."

For free information on "Learning to Relax and Control Your Mind," write "Your Goals," write to Hypnotization, 101 W. Alameda Ave., Berkeley, CA 94702, or 415-841-8000, C.D.E.

Although there are reputable hypnosis centers throughout the country, you can hypnotize yourself just as effectively and use a tape recorder to play back your own personal messages.



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BOB'S



Auto Insurance Companies Acting Wrongly

[illegible]

Rep. Bruce Smith today says that some auto insurance companies are circumventing the law by charging rates of dropping coverage for teenagers whose drivers licenses have been suspended under the Underage Drinking Law enacted last year.

The law provides for a one-year suspension of a teenager convicted of possessing, imbibing or attempting to purchase alcohol.

Smith says that the violation need not take place in an automobile or have anything to do with driving.

Smith said that some insurance companies are dropping coverage for teenagers on their parents' insurance policies, giving them a financial incentive to violate this law as the reason.

**WEEKLY
Health Tips**

NOSE DROPS - EFFECTIVENESS

Long considered a cure for nose drops for relief of nasal congestion can result in a number of complications, according to reports. The nose drops cause irritation of the nasal membranes, which in turn causes the nasal membranes to swell. In other areas of the body as well, the irritation causes the tissues to become inflamed. The inflammation is enough medication to be absorbed said Smith. The irritation of the nasal membranes should always be used.

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be on the scene before any
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